

Isabella Franks

38 year old female

Isabella was adopted at the age of 3 months from Vietnam. She has lived in Minnesota her “whole life” with her adoptive parents and one other sibling (Peter) who is her parents’ biological child. She grew up in a rural area 3 hours north of the Twin Cities, until moving to the Cities when she was 18 years old to go to cosmetology school. Isabella currently lives in a suburb of the Twin Cities (Crystal, MN).

Family: Isabella had her first child (a daughter, Britney) when she was 16 years old. Her young baby lived with her parents when she moved to the Cities. She met and married Sam when she was 20 years old. Her daughter remained with her parents after she and Sam were married, but saw them frequently and stayed with them during the summer. Isabella’s daughter is now married with a baby daughter of her own. Sam and Isabella had one child of their own, a boy Chad, who is currently 10 years old. Isabella has been divorced from Sam for three years, (following a 15 year marriage). Chad lives with his father full-time; however, Isabella does have regular visitation (every other weekend, holidays) and follows through with the visits. Sam and Chad live within 5 miles of Isabella. In the past, Isabella’s parents visited Isabella and Chad 1-2 times a year and Isabella visited her parents and married daughter (Britney) several times a year on holidays prior to her divorce. She has not visited her parents for over 2 years. Isabella saw her brother, Peter, 2 years ago; however, Peter does not currently “want anything to do with me” and according to Isabella this is due to a debt she was never able to repay Peter.

Benefits: Isabella has recently obtained SSD and MA, she had previously been on GAMC.

Mental Health Symptoms: Isabella first started experiencing symptoms roughly 8 years ago, and she stated that it was one of the things that “pushed her marriage over the edge.” She speaks of the manic phases in her life as her being “upbeat” and when she discusses her depression, she speaks of it as “feeling down.” She started experiencing more anxiety over the last year, which coincided with a diagnosis of hyperthyroidism. She has had panic attacks before, but her anxiety does not tend to go to those extremes.

Mental Health Diagnosis:

Axis I: Bi-Polar I, severe with psychotic features (most recent episode manic, most recent episode is when psychotic features first presented themselves).

Anxiety Disorder Due to a General Medical Condition

Alcohol Abuse

Axis II: Deferred

Axis III: Hyperthyroidism

Axis IV: Unstable housing, family discourse and limited family and social support

Axis V: 50

Mental Health Hospitalizations: Isabella was first hospitalized after a suicide attempt 5 years ago. She has had three other hospitalizations since then, the most recent within the last 8 months. She has not had any other suicide attempts since the first one 5 years ago and all other hospitalizations have been due to the symptoms of her mania.

Current Services: Isabella is currently receiving medication management with a psychiatrist that she is seeing 1x a month, targeted case management services, individual therapy, and ARMHS. She received treatment at an IRTS for 3.5 months after her most recent hospitalization.

Substance Use: Isabella uses alcohol (ETOH) in excess when she is 'upbeat', otherwise she reports only drinking on "special occasions" or during social events. When she is manic, she reports binge drinking, staying out all night. Isabella reports no use of other types of drugs and has not been through treatment for substance abuse. Isabella smokes about ½ pack of cigarettes a day; however, she states she smokes 1-1 ½ packs when she is manic.

Social/Interpersonal: (see Family) Isabella loves going out and hanging out with her 'friends' when she is feeling "upbeat." She has one friend she has consistently been friends with for the last 15 years who has "stuck it out through the bad times, but we are not as close as we use to be." Otherwise her current social crowd are people she meets at bars or has met while in the hospital or in treatment. She has a current "boyfriend", but Isabella states she has no interest in anything "long-term" at the moment. Isabella enjoys being around people and is aware of social mores and clues most of the time.

Housing: Isabella currently lives in a one-bedroom apartment in Crystal MN. It is subsidized. She has lived there for almost 5 months. She has had a history of unstable housing.

Financial: Isabella gambles and/or drinks extensively when she is manic and often spends all of her money during these episodes. This has led to problems with paying rent, buying food, paying medication deductibles, buying food/clothing/gifts for her son and granddaughter and paying for insurance (when she drove). Isabella has no credit cards or debt (outside of money she owes family and friends) and states that she is aware of her spending habits when she is "too upbeat". Isabella has made a commitment to avoid making any big decisions that could impact her financially.

Spirituality: Grew up in a household that practiced the Christian faith (Lutheran), went to church sporadically when married (Baptist) and is currently spending time researching what it means to practice the Buddhist faith. Isabella states she "believes there is a God" and that she "will be held responsible for my actions after I die."

Employment: Isabella graduated from high school and started going to school for cosmetology, but never completed the program. She worked for years doing a variety of different things. She is currently unemployed.

Educational: Isabella is considering going back to cosmetology school. She enjoyed school and only stopped going because, as she puts it, “my relationship couldn’t handle it.” Isabella is anxious about how to get to school, whether she would attend regularly, especially if she was “feeling down” and about her trouble focusing when she is “too upbeat.”

Transportation: Isabella currently owns a car but let her license lapse. The thought of driving induces an anxiety attack. She uses the public transit system along with ‘bumming’ rides with ‘friends’. She has a lot of anxiety around any type of transportation option. Prior to her last hospitalization, she had a panic attack while driving and hit a pole. Although she was not hurt and her car suffered minor damages, she has no interest in driving now.

Physical health: Isabella is currently being treated for hyperthyroidism and has no other known health conditions. She has trouble consistently taking her medications (thyroid meds and mental health meds). The inconsistent treatment of her thyroid disorder has actually lead to an increase in her anxiety, which resulted in the recent DX of an anxiety disorder. Isabella admits to being more promiscuous when she is feeling “upbeat” and has had one pregnancy scare since her divorce.

Dental Health: Isabella has “perfect teeth.” She loves to brush and floss and reports that when she is “too upbeat” she almost does so obsessively. She hates the feeling of anything on her teeth.